

INDIVIDUALLY PREPARED. TOGETHER RESILIENT.



**Preparing yourself, your family
and your community for a disaster.**



We know that in case of an emergency or disaster, it's always best to be prepared. But to be truly strong and resilient, we must act – and prepare – not only for ourselves, but as a community. There are four simple actions you can take.



Make a plan.



Build a kit.



Stay informed.



Get involved.

It really is that straightforward. That when we prepare and take action together, our community becomes even more resilient. There is strength in neighbors.



Make a Plan



This may be the most important plan you ever put down on paper. Be sure to get down to specifics on how you and your household would respond in a disaster.

Learn the hazards that affect you

Is your home or workplace in a floodway, prone to landslides or wildfires? How will you and your household respond to the hazards in your area?

Figure out where to meet

Determine two locations to reunite with your household.

- One should be near your home in case of a sudden emergency.
- The other should be a specific location away from your home in case you cannot return or need to evacuate.



Establish an out-of-area contact

There's a good chance local phone lines will be down following a disaster. Share contact information with friends and family. This way important information can be relayed back and forth using your out-of-area contact.

Write down emergency contact phone numbers

Have each household member keep them in an accessible place. Don't rely on contacts in your cell phone as there may not be power to recharge your phone. Use the tear out communication wallet cards in the back of this brochure to get started now.

TIP

Communicate by text. Text messages have a higher success rate of getting through.

Build a Kit



Take a look around your kitchen. Could you survive two weeks on what's there? Minus power? Minus running water? A well-organized emergency kit needs to sustain your household for 14 days (or longer if you live in an area that could easily get cut off). Follow these suggestions when building your kit:

FOOD & WATER



- One gallon of water, per person, per day.
- Non-perishable food that is easy to prepare, and that your household will actually eat.
- Items with high nutritional value:

- | | | |
|--|--------------------------------------|-----------------------------------|
| <input type="checkbox"/> canned vegetables | <input type="checkbox"/> meats | <input type="checkbox"/> cereal |
| <input type="checkbox"/> beans | <input type="checkbox"/> fish | <input type="checkbox"/> crackers |
| <input type="checkbox"/> soups | <input type="checkbox"/> nut butters | <input type="checkbox"/> granola |

- Everything you would need to cook and eat food:

- | | |
|--|--|
| <input type="checkbox"/> can opener | <input type="checkbox"/> utensils |
| <input type="checkbox"/> cookware | <input type="checkbox"/> propane camping stove |
| <input type="checkbox"/> disposable plates | |

TIP

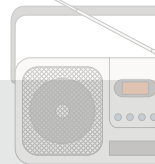
If the power goes out, use refrigerated food first, then frozen food from the freezer. Finally, use non-perishable food.





- ☐ wound care
- ☐ bandages
- ☐ splinting materials
- ☐ latex gloves
- ☐ pain reliever
- ☐ fever reducers

- ☐ antibiotic ointment
- ☐ scissors/ tweezers
- ☐ instant cold packs
- ☐ spare glasses
- ☐ extra supplies of any personal medical needs, such as extra medications, denture adhesive, blood sugar monitoring equipment, etc.



- ☐ flashlights
- ☐ extra batteries
- ☐ fire extinguisher
- ☐ lighter
- ☐ battery or hand cranked radio
- ☐ toilet paper
- ☐ sanitizer
- ☐ soap
- ☐ tooth paste
- ☐ toothbrush



- ☐ feminine supplies
- ☐ cleaning supplies
- ☐ garbage bags
- ☐ infant supplies
- ☐ cell phone charger
- ☐ spare clothing
- ☐ rain gear
- ☐ sturdy shoes
- ☐ work gloves
- ☐ hard hat

Make smaller kits
for your work and vehicles.



IMPORTANT DOCUMENTS



- ☐ photocopies of documents showing proof of identity
- ☐ medical insurance
- ☐ medical prescriptions
- ☐ proof of ownership of financial accounts and property

- ☐ wills
- ☐ power of attorney
- ☐ inventory of property for insurance claims



CONTAINERS

Use waterproof cases to pack all of the supplies in your kit.

Containers should be lightweight with wheels so you can easily take them with you if you need to evacuate.

Store items in locations that are easily accessible after a disaster.

TIP

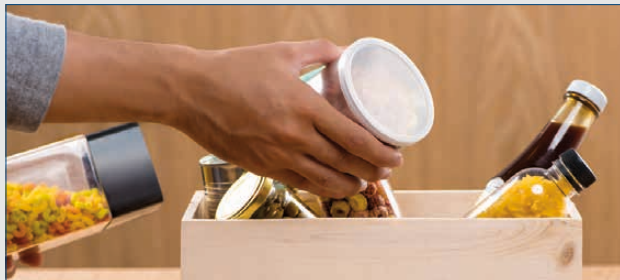
Pack a few items that may not be top-of-the-list, but can be helpful: cash in small denominations, comfort food, comfort toys for children, and games to pass the time.





TIP

Every six months, practice your emergency plan, update your emergency information and replace expired kit supplies.



PETS



- ☐ food
- ☐ water
- ☐ bowls
- ☐ pet medications
- ☐ carrying case for smaller pets
- ☐ leash
- ☐ waste cleanup bags/litter
- ☐ proof of identification and ownership

Stay Informed



Some disasters are predictable, and receiving warnings in advance can help you better prepare for the event. Here are options to get first hand, accurate information for alerts, warnings, trainings, and disaster updates:

Sign up for SnoCoAlert

Receive emergency alerts notifying you as to evacuations, crime/imminent danger and local area emergencies.

Sign up for GovDelivery

Get notifications on upcoming workshops and trainings, as well as educational disaster information and tips.

Tune in to emergency radio situations

Designated radios stations in Snohomish County include:

> **KXIR – 89.9 FM**

> **KSER – 90.7 FM**

> **KXA – 1520 AM and 101.1 FM**

> **KRKO – 1380 AM**

Purchase a NOAA radio

Get continuous weather information during an emergency including warnings, watches, forecasts and other hazard information directly from the nearest National Weather Service Office.

Get Involved.



We can't go at this alone. It takes a whole community, working together to weather the storm. Or the earthquake. Or the long term power outage. Actively involved individuals together make strong communities. Here are opportunities where you can make a difference:



Community Emergency Response Team (CERT)

CERT is a training program that educates individuals about basic disaster skills. These include how to shut off your gas, water, and the basics of first aid.

Snohomish County Auxiliary Communications Service (ACS)

A volunteer group of licensed amateur radio operators that provide communication services to the community.

Start a Map Your Neighborhood program in your neighborhood

Help neighbors get organized and prepared for disasters, including those who live in rural areas and apartments.

Snohomish County Medical Reserve Corps (MRC)

The Snohomish County Medical Reserve Corps are a group of volunteers trained to supplement public health and the healthcare system in times of disaster.

OTHER IMPORTANT PHONE NUMBERS:

Contact: _____
Phone: _____
Contact: _____
Phone: _____
Contact: _____
Phone: _____

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Contact: _____
Phone: _____
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Emergency Out of Area Contact Wallet Card

Use your out of area contact to relay information to your friends and family when local phone calls can't get through. Tell your friends and family who your out of area contact is and their phone number.

Out-of-area contact:

Name: _____

Phone: _____

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Name: _____

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For more information on how you can get prepared (including learning the hazards in your area, signing up for alerts, trainings and volunteer opportunities), visit: **www.snohomishcountywa.gov/DEM**

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Snohomish County
Emergency Management